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# Good And Angry: Redeeming Anger, Irritation, Complaining, And Bitterness



## Synopsis

Something that matters to you just isn't right. First you see the problem, then you feel it. It starts with a rush of adrenaline and often a rush of words, but it ends with an overwhelming sense of irritation that impacts how we talk to those we live and work with, complaining, and maybe even a settled bitterness to a person or a group of person. We know anger affects us negatively, but we don't know any other way to respond when life goes wrong. *Good and Angry*, a groundbreaking new book from David Powlison, contends that anger is more than a problem to solve. Anger is our complex human response to things we perceive as wrong in a complex world, thus we must learn how to fruitfully and honestly deal with it. Powlison undertakes an in-depth exploration of the roots of anger, moral judgment, and righteous response by looking in a surprising place: God's own anger. Powlison reminds us that God gets angry too. He sees things in this world that aren't right and he wants justice too. But God's anger doesn't devolve into manipulation or trying to control others to get his own way. Instead his anger is good and redemptive. It causes him to step into our world to make wrongs right, sending his own Son to die so that we can be reconciled. He is both our model for change and our power to change. *Good and Angry* sets readers on a path toward a faithful and fruitful expression of anger, in which we return good for evil and redeem wrongs. Powlison offers practical help for people who struggle with irritation, complaining, or bitterness and gives guidance for how to respond constructively when life goes wrong. You, your family, and your friends will all be glad that you read this book.

## Book Information

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## Customer Reviews

[Good & Angry: Redeeming Anger, Irritation, Complaining, and Bitterness by David Powlison](#).

suspect most people would be willing to make the distinction between being righteously angry and being sinfully angry – being angry for the right reasons and in the right way, and being angry for the wrong reasons and in the wrong way. In the first six chapters of this book, Powlison reviews this distinction and shows that every reader of his book has been angry and has been angry badly. Good anger – righteous anger – Powlison argues is accomplished through what Powlison calls – the constructive displeasure of mercy. • In chapters seven through ten, Powlison explains that anger should be a displeasure about something – something out to appear to us to be wrong, sinful, evil. Once we identify what this thing is, we ought to respond – mercifully and constructively. Shining a light on what is wrong and working for the correction or rehabilitation of that which is wrong. A mere screed is not helpful, nor is it good anger. How does one change such that one produces good anger? Chapters eleven through thirteen discuss this work of maturity. Powlison pens eight questions to put to oneâ™s anger to bring the reader to a place of good anger. This section is one to practice over and over again, so when one is taken aback, one does not shoot off with bad anger, but through practiced and prayerful preparation, one offers good anger in such a situation. Powlison ends his book with three – problem – sections – how to get over wrong anger and hurt, how to stop being wrongfully angry with yourself, and how to stop being wrongfully angry with God. Each to these he carefully guides the reader through taking apart the issue and facing what is really real.

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